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Bangalore Mirror

TEMP Max 33 | Min 21 | Humidity 37% Partly cloudy Sensex 60,611 | Nifty 18,053 | Gold 51,224 | Silver 66,013 | Dollar 76.10 | Euro 82.88 | GBP 98.65

Jaraganahalli Lake, depicted in 1904 survey and 2008 Google maps, was almost fully encroached by 2018. Despite a court-ordered status quo, fresh encroachments are on

REMAINS OF A LAKE

Online petition has received 1,235 signatures

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“With all flow channels cut off, the lake died naturally over time.... The lake area is a prime location with NH 209 commencing from the edge of the waterbody...

— Bhanu Prakash, litigant

Citizens of Kanakapura are fighting for the last remnants of what was a 6-acre lake. What remains is four acres of the dried-up portion of the Jaraganahalli-Yelachenahalli Lake that is allegedly being leveled for some unknown undertaking.

Back in the 2000s, residents said, the lake was full of water. But that's as far as the good days of the waterbody goes. “The lake, spread over 6 acres and 32 guntas, falls under two villages. Four acres of the lake falls in Jaraganahalli and two acres in Yelachenahalli. The survey number falling under Yelachenahalli was converted into a playground roughly 10 to 15 years ago. The remainder of the lake became land over time,” said Abdul Aleem, president of Changemakers of Kanakapura Road Association.

What has stirred the residents now is the sudden burst of activity in the lake bed. “Some private parties have laid claim to the lake while it has been mentioned as a waterbody in government documents. As the lake turned into land, temporary sheds were erected on the lake bed. But all of a sudden, we observed that those sheds were vacated and being levelled. We fear there is a plan to construct a building on the lake bed,” added Aleem.

Objecting to the move, residents have started an online petition which has received 1,235 signatures so far.

“Jaraganahalli Lake on Kanakapura Road is visible on the survey map of 1904, which indicates it existed for at least 100 years. The Google map of 2008 shows the partial existence

CONTINUED ON PAGE 6 »

Pretty in pink city

Tabebuia trees are in full bloom and citizens can't stop gazing at beautiful flowers

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TWEETS @BangaloreMIRROR

Bengaluru is known for nightmarish traffic and high pollution levels, especially in areas such as Silk Board, BTM Layout, Marathahalli, Koramangala, Whitefield and other places. Now, residents in these areas have something to cheer about — Tabebuia trees are in full bloom and people can't stop gazing at the beautiful flowers. They are now busy taking photographs and selfies with the blooms for their social media posts.

In garden city Bengaluru, a large number of trees were brought down indiscriminately for urban development. Many are still being axed as BM reported. However, in some parts of Bengaluru, pockets of green still exist.

The trees which shed their leaves in winter are in full bloom now, and people can't stop admiring the seasonal display.

Tabebuia rosea trees, also known as pink poui or the rosy trumpet, have painted most parts of Bengaluru in pink. It is said to grow up to 30 m in height and up to 100 cm wide. The species is largely seen in Mexico, usually in parks and gardens. In the rainy season, it offers shade and during the dry season, blooms are abundant. Usually the trees bloom during January and February; it can also bloom during April, May until August or September.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Buy a Rudraksh mala

If Rudraksh malas intrigue you, attend this unique exhibition-cum-sale of Rudraksh malas. Rudrakshs are powerful natural beads available in one to 21 mukhis. Each bead has a controlling planet and a presiding deity and is said to bestow certain traits to the wearer. On display will be a complete range of Rudraksh and Rudraksha power combinations.
Where: Hotel Ajantha, MG Road, The White Villa – Boutique Stay, HSR Sector 4
When: Till April 5, 10am – 8pm
Contact: 9320077018 / 9322791218.

02 Summer camp

Empowered Minds Edu Solutions is organising a live virtual summer camp programme. The camp will include cooking without fire, theatre and drama, science and experiments, yoga and exercise, art and craft, dance & creative writing.
Where: Online
When: Till April 6, 10:30 am to 12:00 pm
Register: empoweredminds.co.in/ 8431711722

03 Bookworms, unite

Bibliophiles, what are you reading these days? Is there a book or an author that has amazed you recently? Discuss it with like-minded people at this special club for bookworms and share the magic of some wordsmiths who not only influenced us but shaped our lives in some way.
Where: Lahe Lahe, Indiranagar
When: April 9, 4–5 pm; Register: 9886294444

Fly smart at KIA, soon

Come March 2023, fliers can book tickets, check in, and board flights using their facial biometrics as part of Union Government's Digi Yatra scheme

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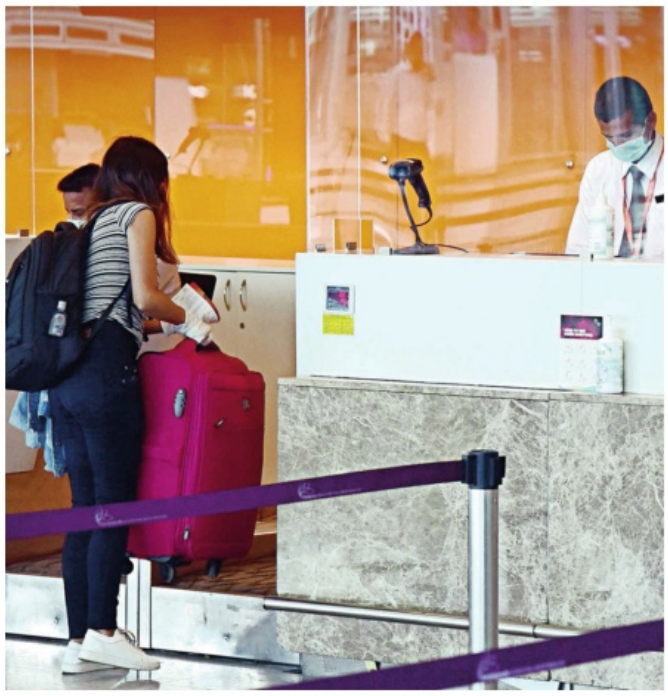
The Kempegowda International Airport (KIA) will get its first state-of-the-art facial recognition system (FRS) by March 2023, Minister of State for Civil Aviation Gen VK Singh (Retd) said on Monday. Several other cities with high air traffic like Pune, Kolkata, Delhi, Hyderabad, will also get this facility.

In a reply to a Rajya Sabha question, General Singh said that the preliminary testing for the government's 'Digi Yatra' biometric boarding system has been completed. Digi Yatra is an initiative by the Ministry of Civil Aviation where passengers may fly out based on their facial biometric systems.



Officials say this software could speed up the entire process at the airport from checking in to boarding

How will this programme work?

Facial recognition-based passenger processing is a common standard being adopted all over the world. To provide a seamless experience from entry to the airport to boarding the aircraft, Digi Yatra will have a centralised registration system for passengers. Under the initiative, passengers can get a Digi Yatra ID by sharing details like their name, e-mail ID, mobile number and approved identity proof excluding Aadhar card.

This ID can be provided by passengers while booking their flight tickets. A passenger who has created the Digi Yatra ID has to undergo a one-time verification at the airport. In case a passenger opted for Aadhar-based verification, the identity will be verified online.

On successful verification, facial biometric information will be captured and stored in the Digi Yatra ID profile of the passenger. In case the passenger has chosen any other identity for creating Digi Yatra ID, verification can be done manually by security personnel and facial biometrics will be captured and stored in the Digi Yatra ID profile. With this, the registration will be complete. Officials claim that with this scheme, airport operators will have travel information in advance for better planning and real-time data of passengers within the terminal will enable the operator to take proactive action to avoid congestion.

Airport entry

A successfully registered passenger can go directly to the e-gate of the airport and scan the barcode/ QR code of the ticket/ boarding pass. A camera will capture the face for comparison with Digi Yatra ID photo. On successful verification, the e-gate will open. The system will also generate a token in the system combining the face of the passenger with the PNR code, so that at subsequent checkpoints, the ticket details will be available on face recognition.

A flier can first upload his facial data while booking tickets which will then be verified on the website

Check-in counter

At the check-in counter or at the Self-Bag Drop counter, the passenger can be identified by facial recognition.

Boarding gate

When the passenger enters the boarding gate, she/he will be identified by facial recognition. Officials claim that security will improve with this technology to verify the passenger at every checkpoint in a non-intrusive way except that physical frisking of the passenger as per security procedures will continue. Intentional boarding pass exchange by passenger or wrong boarding by mistake could be avoided, according to the Press Information Bureau.

Cons

However, the challenge will be to bring on board multiple stakeholders for the seamless travel process for a passenger, said a source, as this could be a time-consuming process for implementation.

Connecting musicians and patrons, through raagas

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Growing up, classical music was an integral part of Deepa Joshi's life. Describing herself as an IT analyst by profession and an art enthusiast by passion, Deepa (inset) says she cannot remember a time when there was no music in her life. And so, that intrinsic connect she had with music translated into a portal called 'The Raaga Room', a forum connecting musicians and their patrons alike.

"Classical music was an organic form of our upbringing and like most South Indian households, I started learning Carnatic music early on. My grandmother, my biggest cheerleader, taught me to appreciate music -- all the geetas -- especially, 'Padumanabha Paramapurusha', 'swarajatis', and other forms of literature and music. Hindustani music came along much later," says Deepa, for whom, music has helped her during good and bad times.

Like many others, Covid was the turning point for Deepa. "There was no place to disappear nor dissipate. We looked within to find what was intrinsic to us. During this time, I started blogging. The topic I was researching for was the prakaars (kinds) of Raag Bhairav and my guru, Sri Omkarnath Havaldar, articulated this concept so beautifully." So inspired was she, that the idea of The Raaga Room was conceived and it made its maiden voyage on the January 1, 2021, premiering an interview with her guru.

TRR comprises of 4 segments.

There are interviews with musicians across the globe who share their experiences of and with music. While The Raaga Reads segment has articles, publications, interviews with thinkers, scholars, music aficionados. The Raaga Circle highlights the exceptional talents of the younger generation while The Raaga Theatre has been instrumental in hosting several music performances and documentaries, which included the world's first Vedic concert, Veda Nada, says Deepa, who is the sole head behind the portal.

Another aspect behind the portal is its inclusivity. Everyone is free to listen and all are welcome to participate. "TRR identifies artistes/programs from varied cross-sections globally and presents the essence to the viewers. With that thought in place, we welcome musicians, writers, storytellers, and bloggers to contact us on our website, www.theraagaroom.com to be featured," she says.

The price we are paying

KERC's 35 paise hike in power tariff has come as an additional shock to B'lurean reeling under price hikes from all quarters

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Brace for a shock dear fellow citizen as the Karnataka Regulatory Electricity Commission (KERC) has permitted the ESCOMs to hike power tariff by 35 paise per unit on an average.

Justifying the hike, the KERC chairman said, "Considering the proposal of ESCOMs, the Commission has approved the revenue deficit of Rs 2,159 crore of ESCOMs for the financial year and approved the increase in energy charges by five paise per unit and increase in fixed charges ranging between Rs 10 to Rs 30 per HP/KWh/KVA to the consumers for recovery of gap of Rs 2,159 crore. The overall average increase accounts for 35 paise per unit (an increase of 4.33 per cent). The ESCOMs have sought an average of 185 paise per unit accounting for 23.85 per cent rise).

The revised tariff will be applicable from April 1 itself. This means, you will get a fatter power bill next month. Meanwhile, the ESCOMS petitioned the KERC that due to Covid pandemic, the sale of energy by ESCOMs in the financial year 2021 had drastically come down by 7,288.65 MU resulting in reduction in revenue by Rs 6,182.84 crore than the approved figure. The power purchase cost in the financial year 2021 had also increased by 31 paise per unit due to payment of fixed charges without drawing energy from thermal stations. The deficit for the financial year 2021 alone accounted for an increase in tariff by 27 paise per unit. The remaining increase (eight paise per unit) was towards overall increase in the input costs towards power purchase, operation and maintenance. In order to encourage the use of electric vehicles, the existing tariff for battery charging/swapping stations will stay without any rise this financial year.

12 hikes to fuel price in 14 days

In another hike in fuel prices, petrol and diesel rates have gone up by 40 paise each on Monday, while the price of CNG has also been increased by Rs 2.5 per kg on Monday. With the 12th price revision in 14 days, the total increase in fuel rates in two weeks is now Rs 8.40 per litre. In Bengaluru, petrol was sold for Rs 109.41 per litre and diesel Rs 93.23 per litre. In the national capital, petrol and diesel are priced at Rs 103.81 per litre and Rs 95.07 per litre respectively today. While in Mumbai, petrol costs Rs 118.83 (increased by 84 paise) per litre and diesel Rs 103.07 (increased by 43 paise) per litre.

Seen at the site of a recent protest in city against the rising prices of fuel and LPG

Eating out gets 10% costlier

Your favourite food items from the restaurants may be dearer as the State hotels' association has decided to hike the prices by 10 per cent. A meeting of the hotel association was held in the City on Monday where the members said the price hike was imminent as the rise in prices of cooking oil, coffee powder and gas and other item has forced them to hike the prices. A hotel owner said that the price hike has hit the industry. It was not just edible oil which was burning a hole in their revenues but also increase in prices of gas and essential commodities, he said. "Earlier, we were buying a litre of sunflower oil at Rs 140 per kilo and now it has gone up to Rs 210 per litre. Gas price per cylinder has been revised recently. There are talks of milk prices being increased as well. If petrol/diesel prices are increased, then automatically, there will be a price increase across the items," a hotel owner said.

(With inputs from agencies)

> **"If petrol diesel prices are increased, automatically there will be an price increase across items**
>
> —Eatery owner

CNG also pricier

Meanwhile, Indraprastha Gas Limited (IGL) has also hiked the price of Compressed Natural Gas (CNG) in Delhi by Rs 2.5 per kilogram. With the new price that will come into effect from April 4, CNG will now cost Rs 64.11 per kg in the capital. There was a pause in the revision of fuel prices since November 4 last year, which was broken on March 22, following the crude oil price rise in the wake of the Russian military operations in Ukraine. Prices are set to be raised further given the sharp jump in crude oil prices in the international markets. It will have a cascading impact on the prices of other items and lead to inflationary pressure and hurt growth while also impacting the prices of other items.

Say hello to a li'l striped one

The Bannerghatta Biological Park on Monday got a new addition to its family as a zebra named Kaveri gave birth to a foal at 3:45 am. The sex of the foal has not been determined yet and it will be under observation by the veterinary team and animalkeepers.

Dr Umashankar KS (Assistant Director (Veterinary Services) said that the foal was healthy and active. With the addition of the foal, the total number of zebras in the zoo has risen to five.

K Harish (Deputy Director) said that all the necessary arrangements have been made to ensure best care can be provided to the mother and the foal, including a partition within the enclosure to provide privacy and safety if required.

As BBP welcomes Kaveri, count of zebras here is now 5. Mother and foal are doing fine

Zebras have a gestation period of 12 to 13 months and the foal has brown stripes which will eventually become black. Currently, the newborn and mother are with the other three zebras (Bharath, Harishchandra and Kabini). The visitors can get a glimpse of the newborn during their visit to the zoo. **BMB**

Your 2nd PU doubts cleared

Dear readers, we know you may have many queries regarding the 2nd PU exams. Don't worry we've got you covered. Just whatsapp us if you want any query answered by an expert or email us the questions.
Connect with us on this number: 9591233247 and this email id: mybangaloremirror @timesgroup.com. We shall carry the questions and answers shortly.

BBMP's method based on standard specifications

In response to Bangalore Mirror's story on white-topping in Malleswaram, the Bruhat Bengaluru Mahanagara Palike (BBMP) has clarified about the methodology of inserting tie bars to hold the concrete slabs together. According to the chief engineer, the tie bars can be placed in the concrete in two ways -- they can be placed into the slabs during construction and the other method is to drill holes into the slabs to later place the tie bars. The IRC 015 Standard Specifications and Code of Practice for Construction of Roads (Fourth Revision) states that tie bars can be installed by drilling holes on the side depending on the size and spacing of bars. The BBMP is following this method on the stretch mentioned in the article. The BBMP has also adopted a quality control cum project management system to document the white-topping work on Sampige Road (below). According to BBMP, research by the American Association of State Highway and Transportation Officials (AASHTO) also envisages the practice of drilling hole in the concrete and placing of tie bars. The methodology is in accordance with the national and international standards, BBMP said.

THE SOUND OF SILENCE

BM looks at Bengaluru-based C4C's efforts in making Cubbon Park no honking zone as stepping stone towards shaping country's first 'Low Honking City'

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Citizens 4 Citizens (C4C), a Bengaluru-based community service group has been lobbying to make Bengaluru the country's first Low Honking City. It receiving support from the traffic police, students and motorists in this regard and is upping its game too.

It wrote to the traffic police to grant Cubbon Park the 'No Honking Zone' status considering the welfare or birds and the environment. On March 23, BM reported that Dr BR Ravikanthe Gowda, joint commissioner of police (traffic), said the department will issue a notification in a few days to assign Cubbon Park the status.

The city traffic police has also decided to become a prominent stakeholder in the campaign and has promised to extend its full support and cooperation for C4C's cause.

"We welcome the idea of granting the Cubbon Park area a silence and no-honking zone status. We will install signages inside the park premises to raise awareness among drivers at first. Gradually, we will start enforcement by booking cases against those who use loud, multi-tone, shrill horns inside the area," Gowda told BM.

The traffic police will soon install signs in the Cubbon Park area to discourage unncessary honking there

Bangalore Mirror
End to this honky-tonk business in Cubbon Park
On March 23, BM reported that the traffic police agreed to issue a notification to assign Cubbon Park a 'No Honking Zone' status

C4C initiated the campaign at the Police Thimmayya Junction (GPO) near Vidhana Soudha in September. The second event for the campaign, organised in October, was held at the Lalbagh West Gate with Mahaveer International. The third and fourth programmes took place on Vittal Mallya Road with St Joseph's Indian High School and Old Airport Road with the Namma Bengaluru Foundation (NBF) respectively. Both were held in November.

Another programme was held inside Cubbon Park in December. C4C members noticed a significant drop of sound decibels during their programme.

"We noticed a significant drop of seven decibels. Many motorists smiled at us and gave us thumbs ups to encourage and support us," said Rajkumar Dugar, founder and convener, C4C.Now, C4C is organising a no-honking awareness drive in association with Mount Carmel College's (MCC) Institutional Social Responsibility Cell. Moreover MCC's students in PG diploma in business administration programmes are organising an awareness drive inside Cubbon Park today between 9.30 and 10.30 am during peak traffic.

A fine balance
Honking within 100 metres of hospitals, educational institutions and silence zones, or between 10 pm and 6 am at residential areas inside the city can attract penalties, BTP said..

"Around 50 students and members of C4C will display placards with messages to raise awareness about vehicular noise pollution along the main roads inside Cubbon Park," Dugar said.

"We have also received support from the horticulture department led by the principal secretary Rajender Kataria for our awareness drives inside Cubbon Park. We are hopeful of early notification of Cubbon Park as a Silence / No-Honking Zone. Our intent is to make people aware that if they are using non-compliant horns, loud, shrill, and multi-toned ones, it is time to change," Dugar said.

BTP officials said honking must be allowed only to save oneself or someone else, otherwise it is best to avoid it.

"We are all affected by honking. It has many consequences including direct and indirect impact on mental and physical health, safety, performance, efficiency, productivity, quality of sleep, education and even road rage," Dugar explaied.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Draining process
Jayanagar

The authorities concerned have not repaired this drain in 4th Block despite complaints from residents. What does it take to receive basic maintenance facili-

Feels violating
Koramangala

"The only playground in ST Bed Layout is being encroached by BBMP in the garb of using it for a building for Pourkarmikas. The structure lacks approvals," a reader wrote to BM.

No tall claims, all citizens want is good infra

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Telangana minister KT Rama Rao's "pack your bag" comment to lure business to Hyderabad from Bengaluru received strong criticism from the Karnataka's ministers. The comment was made in response to a Bengaluru-based startup head raising the issue of the city's poor infrastructure and traffic issues on Twitter.

Health and medical education minister Dr K Sudhakar told Rao on Monday, "You should know Bengaluru's competition has never been with other Indian cities or states. Our competition is with the likes of Silicon Valley, Singapore, and Tel Aviv. We in Bangalore are proud hosts to people from multiple states and countries." To which Bengalureans said, the state government is comparing the city with global cities without focussing on the basic issue of fixing infrastructure. It's not just the government. Opposing parties too respond, jumping a few guns while at it. KPCC chief DK Shivakumar said, "My friend, I accept your challenge. By the end of 2023, with Congress back in power in Karnataka, we will restore the glory of Bengaluru as India's best city."

Higher education minister Dr CN Ashwath Narayan said, "We are all Indians first. We are not intolerant of the progress of our neighbouring states. In India, every state has its own uniqueness. We firmly believe in the entire India growing as one country."

Here's what citizens said:
"It is a great thing to know that Bengaluru is being compared to global cities. However, we need to understand the ground reality – whether Bengaluru infrastructure matches that of global cities. I request the state government to prioritise the city's development which is the need of the hour," said Amaresh Gowda, a techie. Further, Nandita S, another techie, pointed out most mega projects like Peripheral Ring Road or sub-urban roads are only progressing on paper. "We have not seen any big infrastructure project in a while for now except for Metro. Why can't we focus on improving the infrastructure and then take up campaigning against neighbouring states?" she asked.

Bangalore Mirror
Telangana minister takes dig at B'luru infrastructure
On April 2, BM reported that KT Rao wrote on Twitter encouraging IT companies to take their businesses to Hyderabad

Traffic congestion on ORR

M Fayaz, a businessman, too expressed similar views.

"For the past few years, we have been hearing about flyovers. Many flyovers could not be completed on time. For example, the Jalahalli Cross Flyover has been pending on paper for a long time but there is literally no action on the ground. Forget big infrastructure projects, civic agencies failed to provide pothole-free roads despite several deadlines and High Court strictures."

"For the last two years, majority of the city's busy junctions were relatively free of traffic jams as most were working from home. With a revival of the office culture, traffic is back to the way it was pre-Covid. It's time for officials and the law makers to come up with concrete projects to provide solutions for the city's infrastructure woes. It is good that ministers are raising their voices against the neighbouring state's minister's Twitter message. However, this doesn't answer the question raised by the start up heads or ordinary citizens regarding the city's infrastructure issues," said Manoj Aradhya, a college student.

Traffic experts too said legislators must pressurise the government to implement big ticket projects.

Strokes of glory for Bengaluru at Goa Swimathon

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It was a moment for pride for Bengaluru at the 10th Goa Swimathon, where over 114 swimmers from the city participated in the national swimming championship at the Bambolim beach. Over 25 swimmers from the city won against contenders from Mumbai, Goa, Delhi, Pune.

The event saw a total of 333 swimmers from India participate including 78 female swimmers. Bengaluru dominated the championships with maximum winners across all categories. Bengaluru had the largest contingent with 114 swimmers, followed by Mumbai (61), Pune (51), hosts Goa (29) and Delhi (17).

Among the senior swimmers from Bengaluru, 76-year-old Gopal Rao participated in the event who also happens to be a former India waterpolo player and the oldest male swimmer at the event while 71-year-old Lalitha Vijayaraghavan was the oldest female swimmer and won in the one-kilometre category.

Seventy-one-year-old Lalitha Vijayaraghavan was the oldest female swimmer and won in the one-kilometre category

The swimathon event was divided into three categories. A one-kilometre, two-kilometre and four-kilometre swimming race, which involved various age categories that included 14-24 age group, between 25-39 age group and 40-59 years, and 60 years and above.

Tanvi Chandawarkar, a resident of Richmond Road and a chef by profession took part in the one-kilometre category under 25-39 age group and bagged the second place, on her first attempt in the swimming competition. "I have been swimming since I was a baby. I love the water. While this was my first swimming competition, I'm so glad I took part and even won. My father who lives in Goa is called the Iron Man; he has been actively involved in sports. He had taken part in the Goa Swimathon in 2018 and I was inspired by him then. It is a great feeling."

The winners pose for shutterbugs

Two children under the 14-24 age, Harshini Chander and Prerana Kumar, also from Bengaluru, bagged the first and second position under the one-kilometre female category.

Another swimmer also spoke on similar lines, saying that the event came as as a much-needed change after the pandemic. "It was a great event. During the pandemic, people have just been confined at home. Many have not even been involved in any sporting activities. Seeing so many from Bengaluru participate was the cherry on top and we bagged most of the awards in comparison to other cities."

A ray of hope, finally: Zero covid deaths in Bengaluru

March saw a decrease in covid deaths by seven times compared to February

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Health workers ramped up testing at bus stations in early March, when case numbers were still high

Bengalureans, you can heave a sigh of relief as for the last few days, the city has been reporting zero Covid deaths, while Covid cases have dipped to less than 50.

Compared to February this year, March witnessed Covid deaths going down by at least seven times. In February, 305 patients had died of Covid in the city while in March, the number had dropped to 40.

Similarly, monthly cases have also reduced by almost half. While there were 42,247 cases in February, March reported 22,892 cases. This is in stark contrast with January this year when Covid had hit an all-time high with 4, 56,462 positive (191 deaths) cases in a single month, as part of the third wave. The previous highest being May 2021 when 4, 06,489 people tested positive.

The Covid decrease is such that even Bellandur which used to report 500-plus cases a day is now seeing a mere two cases while a majority of the wards are seeing zero Covid cases. Currently, nine patients are being treated in various hospitals for Covid (including seven in private).

Out of the nine, five are on ventilator support while one is in the ICU. These nine patients are in hospital for more than 21 days. Bengaluru is now at the third spot in terms of Covid deaths after Delhi and Mumbai. Till now, Bengaluru was considered as second (after Delhi). Sources said that backlog data has been added to Mumbai and this made the city overtake Bengaluru in Covid death numbers.

Bellandur currently has only two cases while nine patients are being treated in several hospitals for Covid

Testing and positivity

Testing has also decreased in the city. From one lakh tests a day, now, less than 10,000 tests are being conducted. Currently, Mahadevapura zone has the highest positivity with 0.95 per cent, followed by RR Nagar (0.94 per cent), Bommanahalli (0.55 per cent), Yelahanka (0.51 per cent), Dasarahalli (0.47 per cent), East (0.36 per cent), West (0.32 per cent) and South has the least with 0.28 per cent. With low cases, there have been hardly any contact tracing. According to BBMP data, there is zero per cent contact tracing of Covid cases.

Nov 2020 Covid death added now

In Karnataka, Covid cases continued to dip with 38 people testing positive. Out of them, 36 were from Bengaluru and two were from Dakshina Kannada. Monday's health bulletin reported one Covid death. However, the deceased person was a 52-year-old woman who had died on November 23, 2020. The death was added as part of the reconciliation of Covid death reports.

2021

In January 2021, 10,311 cases were reported and 66 deaths (this was the least number of deaths per month in the first wave). Though Covid cases reported its lowest in February with 6,813, number of deaths started increasing with 88 losing lives.

The second wave began in March with the city reporting 31,886 cases and 147 deaths. April (3,38,360 cases and 1,907 deaths); May (4,06,489 cases and 6,971 deaths); June (50,330 cases and 2,280 deaths); July (13,104 cases and 228 deaths); August (10,089 Covid cases and 113 deaths); September (8,234 cases and 155 deaths).

Don, seven others sentenced for life

The Karnataka Control of Organised Crimes Act (KCOCA) Special Court on Monday awarded life imprisonment to international gangster and fugitive underworld don Bannanje Raja, also known as the 'threat king'.

Seven other accused were also given life imprisonment in connection with the killing of BJP leader and industrialist of coastal Karnataka, RN Nayak.

The court has also directed the authorities to pay Rs 30 lakh compensation to the wife of deceased industrialist Nayak. The court has asked the Superintendent of Police of Uttara Kannada district and the Police Commissioner of Mysuru to ensure security to the woman and her son who gave evidence against the accused.

KG Puranikamatha, the Special Public Prosecutor, stated after the verdict that the accused should have been given the capital punishment and they would go for an appeal demanding the death penalty in the High Court.

Ex-K'taka IPS officer joins AAP

Former Karnataka IPS officer Bhaskar Rao on Monday joined the Aam Aadmi Party (AAP) in the presence of New Delhi Chief Minister and National Convener Arvind Kejriwal.

Rao, a 1990 batch IPS officer known for his people-friendly approach, had applied for voluntary retirement and submitted his resignation in September 2021.

His resignation was accepted after a long gap recently. He was appointed as the Bengaluru Police Commissioner when the ruling BJP took over from the former Congress-JD (S) coalition government in 2019.

When he was serving as Bengaluru Police Commissioner, he faced a tough situation as then Deputy Chief Minister C Ashwath Narayan had objected to his style of functioning.

During his tenure as a Police Commissioner, Rao waged a battle against rampant drug racket in the city.

Selfie with Tabebuia blooms

CONTINUED FROM PAGE 1

Zibi Jamwal, member of the Whitefield Rising, spotted the spectacular Tabebuia rosea near the Benniganahalli Lake; she put up videos on her social media handle of the trees in bloom around the lake. She said it was one of the best spots for pink Tabebuia viewing in Bengaluru.

At the moment, most of the roads are carpeted in fallen Tabebuia flowers in Jayanagar, Malleswaram, Jayamahal, MG Road, Dollars Colony, Yelahanka, Marathahalli, BTM Layout, Rajajinagar among other localities.

Madhavi Rangaswamy tweeted a picture of Tabebuia rosea: "Pink is everywhere in #Bengaluru! Tabebuia rosea seems to be the favorite avenue tree in the city."

Another user, Nandita Das said: "Spring has draped Bangalore in pink. Stunningly beautiful Tabebuia rosea flowers in full bloom."

Bengalurean Lakshmi Sharath, standing over the carpet of flowers with a picture said, "...Bangalore should have its own Tabebuia festival."

In Yelahanka, people stood under the trees and posed for pictures. Tabebuia roseo alba are seen here in large numbers which are white in colour. This variety is commonly found in large numbers in Brazil and Argentina as an ornamental tree and source of honey for the bees.

Other species largely seen are the Tabebuia aurea with yellow blossoms. These trees are also abundant in South America — Suriname, Brazil, eastern Bolivia, Peru, Paraguay, and northern Argentina.

Environmentalist Vijay Nishanth said Tabebuia is an avenue tree also suitable for growing in parks and medium to large gardens. "It provides beauty to the city. With the world going digital, many are able to capture pictures and put it on social media handles, whereas others take in the visual splendor. The tall, erect and deciduous Tabebuia is quick to grow. It flowers in two to three years. The blooms attract a lot of insects, especially honey bees. They provide shade, and help in bringing down the temperature a notch. In Bengaluru, we should look at growing more trees like Tabebuia, Jacaranda, Gulmohar and African Tulip as it enhances the city's beauty."

The tree is also said to have medicinal benefits wherein the cortex can be used to treat malaria, anaemia, digestive problems and uterine cancer. It has also been known to cure arthritis, boils and ulcers. The roots, leaves and stems can be made into a concoction that eases fever.

Cubbon Park also has a display of the purple Tabebuia avellanedae which flowers in winter. Many trees are also seen in the open spaces in the central business district.

A lake between villages

CONTINUED FROM PAGE 1

of the lake. The BDA Revised Master Plan which was based on the existing survey maps lists the lake as Jaraganahalli Lake D1 and Yelachenahalli Lake D1. Over the years, government agencies converted the place into a garbage dumping ground. The lake was completely encroached by private parties as of September 2018," said Changemakers of Kanakapura Road Association (CMKRA) in the petition.

Bhanu Prakash has been fighting for the lake since 1964. "It's a lake I have seen since my childhood. It used to be one of my favourite spots for picnics. The lake was replenished with water in 2000. Sarakki Lake overflows into it. A portion of the lake was turned into a playground. In a PIL filed by Krishna Bhat and myself, the court issued an order to maintain status quo and restore the lake. We also filed appeals to the then governor, chief minister, lake development authority and deputy commissioners but the lake was eventually depleted. With all the flow channels cut off, the lake died naturally over time. It should be noted that the lake area is a prime location with NH 209 commencing from the edge of the lake," he said.

"Today, our revenue inspectors visited the spot. Local revenue officials will file a report and a decision regarding calling off the work will be considered," said south tahsildar Ram Lakshman.

Deputy commissioner Manjunath said the waterbody falls in the ambit of the Bruhat Bengaluru Mahanagara Palike. "We have provided the services of four tahsildars to protect lakes. The revenue department will assist if required in clearing encroachments and booking the culprits. Since July, the district administration has cleared encroachments in 215 lakes and 250 acres of land have been reclaimed. This particular lake will also be considered on priority," he added.

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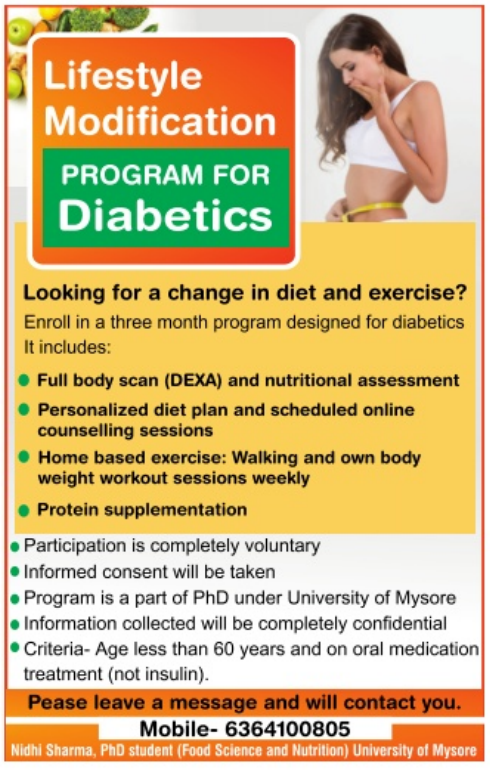
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I, Tasir Ahmed Khursheed Ahmed s/o Sabjan Khursheed Ahmed R/o# 16 patel Nanjun dappa Road. Ramaswamy Palya Kammanhalli main road B'luru-560033 have changed my name to Tasir Ahmed S/o Khursheed Ahmed for all purposes. Hence I declare that to consider my name as Tasir Ahmed in all further process/Records/Documents/instruments. Vide affidavit dated 04-04-22 sworn before notary Uday Kumar K B'luru.

I, AKASH KAGALKAR, S/o, Ramachandra N K residing at G2/A - 203, Hoysala Comenders Galliera, Near Subregister Office, Tatanagar 3rd Cross, Kodigihalli, Bangalore-560092 have changed my name to AKASH RAMACHANDRA KAGALKAR vide affidavit dated 19.03.2022 sworn before notary DS Chandrakanth.Blore

I, AFSAR PASHA S/o Fayaz Ahmed residing at # 1, 3rd floor, 4th cross, Vinayaka Nagar, Near makka masjid, Jp Nagar, Bangalore, Karnataka-560078 have changed my name to MOHAMMED AFSAR PASHA vide affidavit dated 01.04.2022 sworn before notary R. Basavaraja, Bangalore-94.

I Nemai Chandra Ghosh S/O, Keshab Chandra Ghosh R/o Satkeerti Symphony Block C, Flat 417 Chandapura Anekal Road Near Big Market Bayagadadenahalli Po Marsur Bangaluru Karnataka 562106 have changed my name to Nemai Ghosh for all purposes.

I, ALEEMULLAH SHARIFF, S/o, Karim Shariff residing at No. 1/1, 2nd Cross, 7th 'A' Main, Sultan Palya, R.T Nagar, Bangalore - 560032 have changed my name to ALIULLA SHARIFF vide affidavit dated 28.03.2022 sworn before notary D S Chandrakanth, B.lore

I, A.V. Lakshmi Narayana Prasad, R/o Horamavu, Bangalore-43, have changed my son's name from ANEESH L KAUSHIK to ANEESH KAUSHIK, vide affidavit dated 04.02.2022 sworn before notary Y.R. Chandrasekar, Bengaluru.

I, A.V. Srinivasa Murthy, R/o Horamavu, Bangalore-43, have changed my son's name from VISHRUTH S KAUSHIK to VISHRUTH KAUSHIK, vide affidavit dated 04.02.2022 sworn before notary Y.R. Chandrasekar, Bengaluru.

I, Santoor Vidya Raghavendra W/O, Raghavendra Aithal R/o No. 6&7, Sbm Colony , 2nd Main, 3rd Cross, Chunchaghatta, Konanakunte, Bangalore-62 have changed my name to Vidya Raghavendra for all purposes.

I, Shanthi Susheel Saklecha S/O, D Subash R/o No.3 4th Main 10th Cross Vasanthnagar Bangalore 560001 have changed my name to Shanthi Susheel Subash for all purposes.

I, Aditi Gautam W/O, Pansul Bhatt R/o B- 506, Satisar Appartments, Sector-7, Dwarka, New Delhi-110075 have changed my name to Aditi Gautam Bhatt for all purposes.

I Shanaz Begaum W/O, Sanaulla R/o No 58/1 7th Main Road Padarayanapura Bangalore 560026 have changed my name to Shahnaz

I, Ambika Vathy R/a. 2C, Temple Tree Apartment, No.35, Damodar Mudaliar Street, Halasuru, B'lore-560008 have changed my name to M Chithambara Vadivu vide affidavit dated 04.04.2022 before Notary B.M.Chandrashekar

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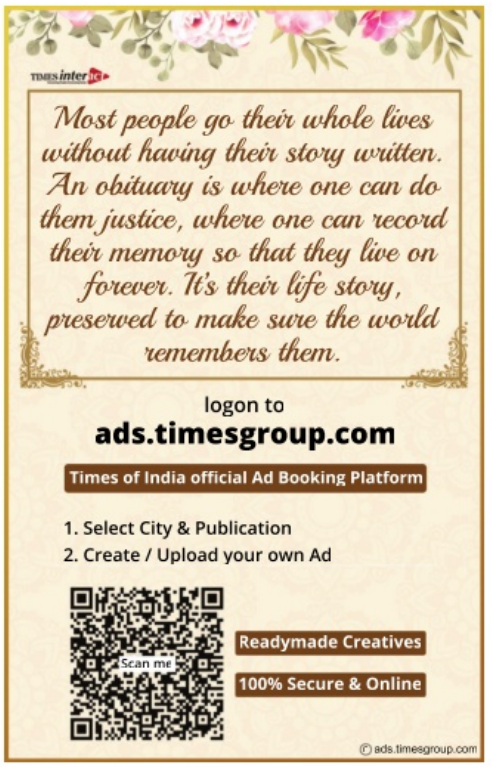
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First pvt astronaut mission
The International Space Station (ISS) will welcome aboard four colleagues from startup Axiom Space this week

SUCK CO2 OUT

Looking at some methods to pulling CO2 from the air as that may no longer be the last resort to mitigate climate change

#Paris

To save the world from the worst ravages of climate change, slashing carbon pollution is no longer enough -- CO2 will also need to be sucked out of the atmosphere and buried.

If humanity had started to curb greenhouse gas emissions 20 years ago, an annual decrease of two percent out to 2030 would have put us on the right path. Challenging, but doable.

Instead, the emissions climbed another 20 percent to more than 40 billion tonnes of CO2 in 2021.

This means an abrupt drop in emissions of six or seven percent a year is needed to avoid breaching the Paris climate treaty's goal of capping global warming at "well below" two degrees Celsius compared to pre-industrial levels.

Staying under the safer aspirational threshold of 1.5C would mean an even steeper decline.

To put that in perspective, the 2020 shutdown of the global economy due to covid saw "only" a 5.6% decrease in CO2 emissions.

Hence the need for carbon dioxide removal (CDR), or "negative emissions", likely to figure prominently in the UN Intergovernmental Panel on Climate Change (IPCC) report.

Even under the most aggressive carbon-cutting scenarios, several billion tonnes of CO2 will need to be extracted each year from the atmosphere by 2050, and an accumulated total of hundreds of billions of tonnes by 2100. As of today, CO2 removal is nowhere near these levels. The largest direct air capture facility in the world removes in a year what humanity emits in three or four seconds.

There are at least a dozen CDR techniques on the table, with different potentials and costs.

Most of the hundreds of models laying out a game plan for a liveable future reserve an important role for a negative emissions solution called BECCS, or bioenergy with carbon capture and storage.

In a nutshell, this is the recipe: grow trees, burn them for energy, and bury the CO2 underground, in an abandoned mineshaft, for example. But what works on paper (or in so-called integrated assessment models), has not materialised in reality. One of the few commercial-scale BECCS facilities in the world, in Britain, was dropped last year from the S&P Clean Energy Index because it failed to meet sustainability criteria.

"I don't see a BECCS boom," said Oliver Geden, a senior fellow at the German Institute for International and Security Affairs and an expert on CDR.

Restoring forests and planting trees that absorb and stock CO2 as they grow also figure prominently in development scenarios achieving net-zero emissions, whether in 2050 or later. Many businesses, including fossil fuel companies, rely on carbon offset schemes based on afforestation to compensate for carbon pollution.

As of today, CO2 removal is nowhere near required levels. The largest direct air capture facility in the world removes in a year what humanity emits in three or four seconds

But the amount of land needed to put a serious dent in CO2 levels through tree planting -- up to twice the size of India -- could clash with other priorities, such as growing food and biofuel crops.

One of the youngest CDR technologies is also one of the hottest: direct air carbon capture and storage. With variations, DACCS is a chemical process that extracts carbon dioxide directly from the atmosphere, converting it into solid form or locking it away underground. Because CO2 in the air is so sparse -- a few hundred parts per million -- it is a very energy-intensive and expensive process. DACCS has benefited from a wave of corporate backing. Last year, Tesla CEO Elon Musk launched the $100-million X-Prize for an innovative CO2 removal technology, and Breakthrough Energy founder Bill Gates unveiled a corporate partnership to turbocharge its development. How quickly it can scale up, and at what cost, remain to be seen. **AFP**

BERT cuts Google's racy results

#OAKLAND

When US actress Natalie Morales carried out a Google search for "Latina teen" in 2019, she described in a tweet that all she encountered was pornography. Her experience may be different now.

The Alphabet Inc unit has cut explicit results by 30% over the past year in searches for "latina teenager" and others related to ethnicity, sexual preference and gender, Tulsee Doshi, head of product for Google's responsible AI team, told Reuters.

Doshi said Google had rolled out new artificial intelligence software, known as BERT, to better interpret when someone was seeking racy results or more general ones.

Beside "latina teenager," other queries now showing different results include "la chef lesbienne," "college dorm room," "latina yoga instructor" and "lesbienne bus," according to Google.

"It's all been a set of over-sexualized results," Doshi said, adding that those historically suggestive search results were potentially shocking to many users.

Morales did not immediately respond to a request for comment through a representative. Her 2019 tweet said she had been seeking images for a presentation, and had noticed a contrast in results for "teen" by itself, which she described as "all the normal teenager stuff," and called on Google to investigate.

The search giant has spent years addressing feedback about offensive content in its advertising tools and in results from searches for "hot" and "ceo." It also cut sexualized results for "Black girls" after a 2013 journal article by author Safiya Noble raised concerns about the harmful representations.

Google on Wednesday added that in the coming weeks it would use AI called MUM to begin better detecting of when to show support resources related to suicide, domestic violence, sexual assault and substance abuse.

MUM should recognize "Sydney suicide hot spots" as a query for jumping locations, not travel, and aid with longer questions, including "why did he attack me when i said i dont love him" and "most common ways suicide is completed," Google said. **Reuters**

BITS & BYTES

BAD CONTENT!

#New Delhi

Meta (formerly Facebook) took down 21.2 million pieces of content across 13 policies for Facebook and over 2.4 million pieces of content across 12 policies for Instagram in the month of February in accordance with the IT Rules 2021. Between February 1-28, Meta received 478 reports through the Indian grievance mechanism, and responded to 100 per cent of these reports.

Of these reports, the social network provided tools for users to resolve their issues in 402 cases. These include pre-established channels to report content for specific violations, self-remediation flows where they can download their data, avenues to address account hacked issues etc.

"The report describes our efforts to remove harmful content from Facebook and Instagram and demonstrate our continued commitment to making Facebook and Instagram safe and inclusive," said the company.

"We use a combination of Artificial Intelligence, reports from our community and review by our teams to identify and review content against our policies," it added. **IANS**

Elon Musk's big stake in Twitter

#San Francisco/New Delhi

Tesla and SpaceX CEO Elon Musk who used Twitter for various reasons -- from infuriating the US regulators with business-related tweets to making fun of world leaders -- has acquired 9.2 per cent share worth nearly $3 billion in Parag Agrawal-run platform, Twitter announced on Monday.

The surprising news led Twitter stock surge nearly 23 per cent in pre-market trade.

"Amount beneficially owned: 73,486,938 shares consisting of shares of Common Stock held by the Elon Musk Revocable Trust dated July 22, 2003 for which Elon Musk is the sole Trustee," Twitter said in its regulatory filing with the US Securities and Exchange Commission (SEC).

The filing, signed today by Musk, revealed that the share event was actually on March 14. Reports said that these shares will make Musk Twitter's largest sole shareholder. **IANS**

 # Grants for water, sanitation
Centre releases Rs 21,741 crore grant to states for drinking water, sanitation

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Criminal Procedure Identification Bill OK

Lok Sabha clears bill that provides sanction to take body measurements to facilitate 'expeditious' investigation

#NEW DELHI

The Lok Sabha on Monday passed a bill that seeks to make the investigation of crime more expeditious and increase the conviction rate.

The Criminal Procedure (Identification) Bill, 2022 was passed after a reply by Home Minister Amit Shah. Several opposition members demanded that the bill should be referred to a standing committee.

Amit Shah said that those who are citing human rights should also think about the human rights of rape victims. "They (Opposition) only worry about rapists, looters...But the Centre does worry about the human rights of law-abiding citizens," he said. The bill, which seeks to replace the Identification of Prisoners Act, 1920, provides for legal sanction for taking appropriate body measurements of persons who are required to give such measurements to "make the investigation of crime more efficient and expeditious".

The bill seeks to define ''measurements'' to include finger-impressions, palm-print and foot-print impressions, photographs, iris and retina scan, physical, biological samples and their analysis.

It seeks to empower the National Crime Records Bureau of India to collect, store and preserve the record of measurements and for sharing, dissemination, destruction and disposal of records. The bill also seeks to empower a Magistrate to direct any person to give measurements and empower police or prison officer to take measurements of any person who resists or refuses to give measurements. **– ANI**

A view of the Parappana Agrahara prison in Bengaluru

Zomato, Swiggy to be probed for alleged unfair biz practices

#New Delhi

Competition Commission on Monday ordered a detailed probe against food delivery platforms, Zomato and Swiggy, for alleged unfair business practices with respect to their dealings with restaurant partners.

The order has come on a complaint filed by the National Restaurant Association of India (NRAI).

The watchdog's probe arm -- Director General (DG) -- will investigate the case. The regulator said that "prima facie there exists a conflict of interest situation, warranting a detailed scrutiny into its impact on the overall competition between the RPs vis-à-vis the private brands/entities which the platforms may be incentivised to favour". Both Zomato and Swiggy operate as major intermediary platforms in the food delivery space, underscoring their market power and ability to adversely as well as appreciably affect the level playing field, the Competition Commission of India (CCI) said.

It also noted that preferential treatment accorded to the Restaurant Partners (RPs) in which these platforms have an equity or revenue interest can create barriers for the existing RPs to compete on fair terms. "Such preferential treatment can be through various ways given the platform's control over different aspects that influence competition on them, including control over deliveries, search ranking etc. which can only be examined appropriately in an investigation," it said. The regulator said the price parity clauses in the agreements of Zomato and Swiggy appear to indicate wide restrictions where the RPs are not allowed to maintain lower prices or higher discounts on any of their own supply channel or on any other aggregator, so the minimum price or maximum discounts can be maintained by the platform. **– PTI**

Biological E to get mRNA tech to make covid vaccines

#Hyderabad

Hyderabad-based vaccine manufacturer Biological E on Monday announced that it has been selected as a recipient of mRNA technology from the World Health Organisation (WHO) technology transfer hub.

After examining a number of proposals from India, the WHO's Advisory Committee on Vaccine Product Development (ACPDV) selected Biological E Limited as a recipient of mRNA technology from the WHO technology transfer hub. WHO and their partners will work with the Indian government to develop a roadmap and put in place the necessary training and support for Biological E to start producing mRNA vaccines as soon as possible, said Biological E. Primarily set up to address the covid-19 emergency, the WHO mRNA technology transfer hub has the potential to expand manufacturing capacity for other products as well, including treatments, and target other priorities.

mRNA vaccines use a messenger RNA created in a laboratory to teach the human cells how to produce a protein that in turn initiates an immune response inside the body against a particular disease. The immune response will fight the actual virus as it gets into the body.

At present, India has no covid-19 vaccine made on an mRNA platform. **– ANI**

Mahima Datla, Managing Director of Biological E. Limited

Sops could take states on Lanka's path, PM told

#New Delhi

In a meeting with Prime Minister Narendra Modi, few senior bureaucrats have warned that the populist sops announced by some states are economically not viable and could lead them to same path as Sri Lanka.

On Saturday, Prime Minister Modi had marathon meetings with secretaries of all the department. Principal secretary to Prime Minister P.K Mishra, cabinet secretary Rajiv Gauna and NSA Ajit Doval were also present in the meeting which lasted for nearly four hours. Sources said that over two dozens secretaries have expressed their views and this was ninth such meeting of Prime Minister Modi since 2014.

It is learnt that referring to populist sops announced in the recent Assembly polls, few senior bureaucrats said that such sops are economically not viable and can take the state on the same path as Sri Lanka.

"Some secretaries said that populist schemes or sops were announced in the recent Assembly polls in the states, which are already in poor economic conditions. These sops are not economically viable and it can take state in the path of Sri Lanka," sources said.

It is further learnt that Modi has asked the secretaries to think out of the box. Sources said the referring to team efforts during the Covid, the PM said that they should act as secretary to Government of India not as secretary to their departments. **– IANS**

HDFC to amalgamate with HDFC Bank in 'merger of equals'

#Hyderabad

A India's largest private lender HDFC Bank on Monday agreed to take over the biggest domestic mortgage lender in a deal valued at about USD 40 billion, creating a financial services titan in the largest deal in the country's corporate history.

The proposed entity will have a combined asset base of around Rs 18 lakh crore. The merger is expected to be completed by the second or third quarter of FY24, subject to regulatory approvals.

Making the announcement, HDFC Chairman Deepak Parekh said it is a 'merger of equals', which will also benefit the economy as a larger balance sheet and capital base will allow greater flow of credit into various sectors.

The transaction involves the amalgamation of HDFC and its two wholly-owned subsidiaries HDFC Holdings and HDFC Investments with HDFC Bank.

HDFC, as the promoter of HDFC Bank, holds 21 per cent in the lender along with the two subsidiaries, which on merger will be more than double the size of private sector peer ICICI Bank. "The merger is a coming together of equals. Our customers will be the biggest beneficiaries," Parekh told reporters.

According to the merger scheme, HDFC shareholders will receive 42 shares (each of face value of Re 1) of HDFC Bank for 25 shares (each of face value of Rs 2) they own in HDFC. Equity shares held by HDFC in HDFC Bank will be extinguished as per the scheme. On the merger becoming effective, HDFC Bank will be 100 per cent owned by public shareholders and existing shareholders of HDFC will own around 41 per cent of HDFC Bank. **– PTI**

The headquarters of HDFC bank is pictured in Mumbai

HEALTH TIP: If you are planning a pregnancy, intake of supplements comprising vitamin D, B12, iron, calcium and folic acid are essential

Cranberries are rich in vitamin C which helps collagen production and keeps gums healthy

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Sore no more

Here's why you don't need to feel pain after a workout to know it's worked

No pain, no gain' is a commonly used expression when it comes to getting in shape. It may also be why many of us think that you need to feel sore after a workout to know that you've done enough.

There are many reasons why your muscles might get sore after a workout. But, contrary to popular belief, you don't necessarily need to feel sore in the hours or days after exercise to know you've had a good workout.

Delayed onset muscle soreness (DOMS) is the scientific term to describe the sore and tender feeling our muscles have after a workout. Typically, it happens after we've done particularly strenuous exercise, or if we do exercise we aren't used to. It can happen after any type of exercise, though it's more common after eccentric exercise. These are movements where the muscles resist a load as they're stretched (such as when you're running downhill or descending stairs). The smaller upper-limb muscles (such as your biceps and shoulders) can be more susceptible to DOMS as they may not be accustomed to eccentric exercise.

While DOMS can happen even hours after a workout, it usually peaks about two days later, depending on the intensity and volume of exercise. But though DOMS is common, the reason it happens remains poorly understood – though researchers do have a few theories about what's going on.

The current scientific theory is that DOMS is linked to a combination of:

- Mechanical damage (to the protein structure of the muscle fibre),
- Damage to the membrane encasing the muscle fibre,
- Damage to the connective tissue surrounding the muscle fibres,
- The body's inflammatory response, causing further muscle protein breakdown and stimulating certain nerves, causing pain.

A certain degree of exercise-induced muscle damage is probably necessary to help build larger, stronger muscles. In fact, while muscle damage from exercise may reduce how well muscles work after a workout (sometimes even for up to two weeks), you're less likely to experience DOMS to the same degree the next time you exercise. This may also explain why people who exercise regularly don't experience DOMS as often.

Regular weight training, focusing on eccentric exercises (such as squats, deadlifts and bench presses) have also been shown to reduce the damaging effect of exercise on the muscles after ten training sessions. There are probably a number of reasons for this, but it largely has to do with the muscle becoming better at protecting against damage.

How often and how severe a person experiences DOMS varies from person to person. However, older people may be more susceptible to both exercise-induced muscle damage and DOMS, possibly due to their muscles being less able to recover after strenuous exercise. Research has also shown that people with a certain genetic makeup are better able to recover from eccentric exercise than other people who did the exact same workout.

If you're starting out a new exercise programme and your first workout is particularly intense or long-lasting, it's pretty difficult to avoid DOMS. Adding more eccentric exercises into your training programme may also lead to DOMS. But again, being sore doesn't necessarily mean you've had a more effective session – it just means you're doing something your muscles aren't used to.

So if you regularly exercise and find you aren't feeling as sore later in the day or even in the days after your workout, rest assured that your workout is still working – your muscles have just gotten better at dealing with the damage and recovering from it.

If you want to get fitter and stronger, instead of feeling like you need to workout until you're sore, concentrate instead on a principle called "progressive overload".

This is where you gradually increase how much exercise you do each time – such as performing extra reps on an exercise, or adding additional weight. Not only is progressive overload shown to be an effective way to build muscle and strength, it may also decrease how often you experience DOMS.

Studies show even a few weeks of regularly using progressive overload during workouts is enough to see this effect.

So instead of measuring how effective your workout has been based on how sore you are, try instead to gradually increase either the number of reps you do each week, or the amount of weight you lift. These incremental gains in fitness and strength will show you just how effective your previous workouts have been.

By David R Clark, Carl Langan-Evans and Rob Erskine, Liverpool John Moores University for The Conversation, PTI

MIRRORLIGHTS

Exercise could help reduce severity of cancer complication: Study

Researchers have identified yet another benefit of keeping up the exercise routine. A recent study has found that exercising prior to developing cancer was associated with slower tumour growth and helped reduce the effects of a cancer complication known as wasting syndrome or cachexia.

The study was published in the journal, 'Experimental Biology'.

Cachexia is a metabolic wasting disorder that affects up to 80 per cent of patients with advanced cancer and is associated with about a third of all deaths from cancer.

People with cachexia experience severe progressive muscle wasting, a decline in heart structure and function, and overall poorer quality of life. "Most exercise, especially aerobic exercise is easily accessible and affordable," said Louisa Tichy, a graduate student in Traci Parry's lab at the University of North Carolina at Greenboro.

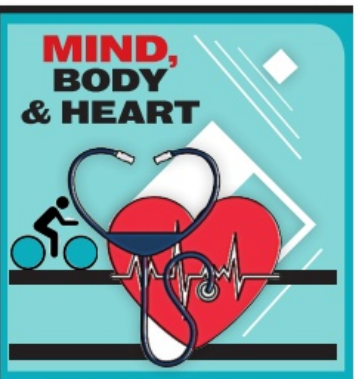
"Therefore, engaging in consistent aerobic exercise such as running is a cost-effective way to reduce the risk of cancer and cancer complications," he added.

Previous research has shown that exercise could have anti-inflammatory effects and might positively impact cancer cachexia by slowing its development and preserving cardiac structure and function. However, very few studies have focused on preconditioning.

"Our preclinical study indicated that preconditioning -- or exercise prior to tumor bearing -- appears

to play an important cardioprotective role during cancer cachexia by preserving cardiac structure and function," said Tichy.

"It also helped stunt tumor growth, even when animals did not exercise during the tumor-bearing period," he added.. **–ANI**



All problems solved

Dear Coleen

I split with my husband after six years of marriage and we have a four-year-old son.
It was the right decision for both of us, but I've been struggling with loneliness and feel very cut off from my friends and family.
I find I can't be around my happily married friends, so I turn down a lot of invitations.
Even though my marriage wasn't working, being around other families just makes me feel rubbish about myself and is a reminder of what I don't have. I'm hoping these feelings will go, but I'd love any advice on moving forward.

COLEEN SAYS

Your sadness isn't going to go away because you're cutting off your married friends.
You have to go out and find your peace and happiness, and your situation shouldn't make you begrudge anyone else. It's a bit like saying: "I'm not going to her house because it's bigger than mine." I think the key to moving on is to feel confident in yourself first and be happy in your own company.
You have to train your brain to think "my marriage wasn't good, but I have a beautiful child and the best is still to come". After my last marriage ended, I didn't want to be with someone else just because I felt lonely.
It wasn't until I felt happy and strong on my own that I was ready to consider another relationship.
Enjoy your independence and appreciate you now have the freedom to do whatever you want - those friends of yours don't have that. But please don't cut them off - try being honest about how you are feeling instead.
—Coleen Nolan, Daily Mirror

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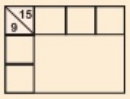
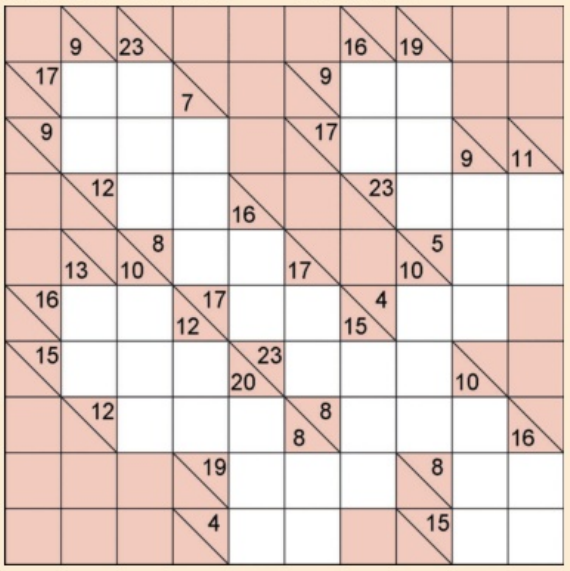
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

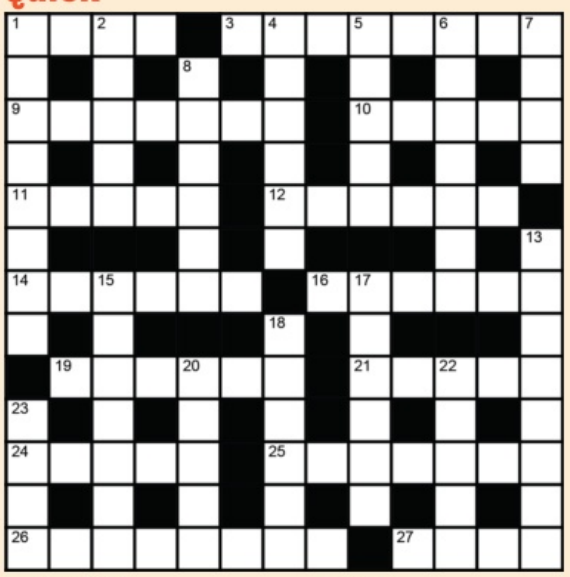


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Of like kind (4)
3 Emancipated (8)
9 Grave inscription (7)
10 Snares (5)
11 Tine (5)
12 Truly (6)
14 Batting legend ___ Tendulkar (6)
16 Make into a parcel? (4,2)
19 Like a hoof (6)
21 Strong boxes (5)
24 Foreign (5)
25 Wart (7)
26 Ceding, surrendering or giving up (8)
27 Inactive (4)

DOWN

1 Shamefaced (8)
2 African capital (5)
4 Urge (6)
5 Bit player (5)
6 Thin slice of meat (7)
7 Powdery matter (4)
8 Maharashtra city (6)
13 One who abandons beliefs (8)
15 Meet head-on (7)
17 Holiday destination (6)
18 Rough or bumpy (6)
20 Senior Mr. Khanna (5)
22 In a ___ state : not in a very solid state? (5)
23 Her basilica is located in Shivajinagar (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS S

LEANFU MLBZLJF TR IOZZLII EI INTKEJA OM.

Linemaro

Your voice makes me shiver with happiness

Mindchow

A movie critic is like a legless man who teaches running

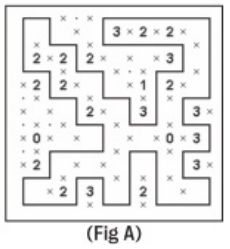
Joke of the day

Dear algebra, I am sick & tired of finding your X. Just accept the fact that she's gone. Move on dude, find someone else. Don't even ask Y!!!

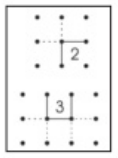
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

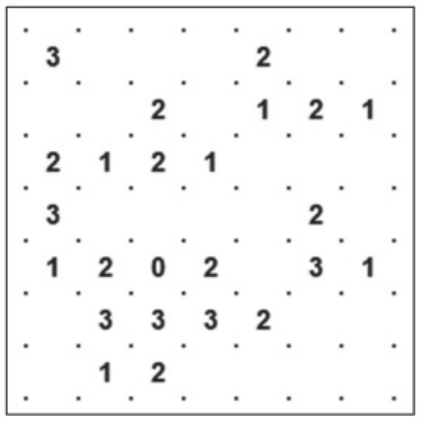


(Fig B) Not Allowed

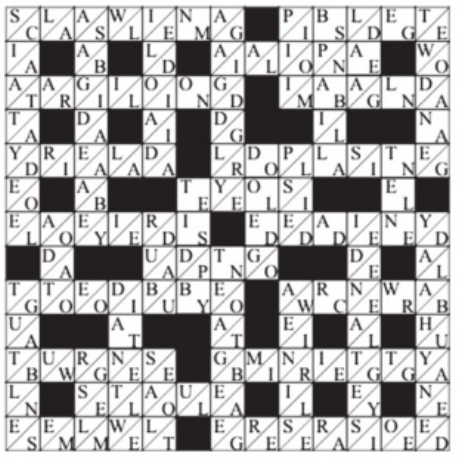
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



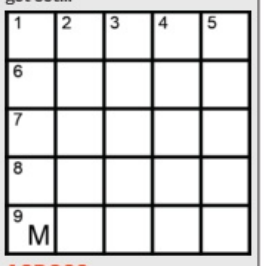
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

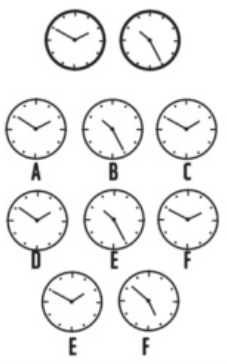
1 As CGS; 6 Paled;
7 Evil a; 8 Peels;
9 Multo

DOWN

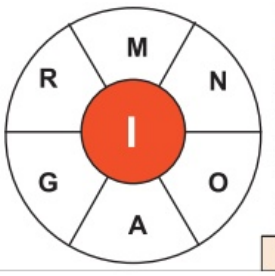
1 Map as; 2 CE LOL;
3 A due I; 4 Lave G;
5 Spelt

Mensapuzzle

If the top clocks are right, which of those below are wrong?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

			9		1			
8				5				9
	3	1	6		4	2	7	
		7				1		
1	9						4	7
		6				9		
	5	8	4		9	6	2	
7				1				3
			5		2			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4

1 5 7 7

Medium = 1

3 6 6 8

Hard = 14

2 6 7 5

Hocusfocus

Find at least six differences in details between panels.

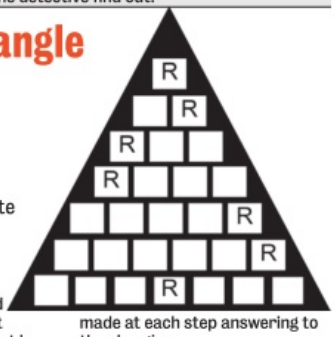
Differences: 1. Shovel is shorter. 2. Arm is lower. 3. Snow is missing from mailbox. 4. Doorknob is missing. 5. Zipper is missing. 6. House is not as wide.

Riddler

There was a death on Treebark Ln. The victim was identified as Mark Oswalt, who recently was married. The police went to the crime scene and they reported the death as a suicide. Later that day, after the police left, a private detective, hired by the victim's friend who thought it was a murder, searched the crime scene and found a note the police missed. It read, "4,3: 8,1: _: 9,1: 2,1: 7,4: _: 6,1:9,3: _: 9,1: 4,3: 3,3: 3,2: !" The detective took out his cell phone and started dialing the police to tell them about his findings. Once the detective opened the phone to dial, he immediately screamed out, "I SOLVED IT!" Who was the murderer and how did the detective find out?

Alpha triangle

1 18th letter
2 Infra-red abbr
3 Edge
4 Pumpkin frost?
5 Track competitor
6 Supple
7 Involve in, implicate



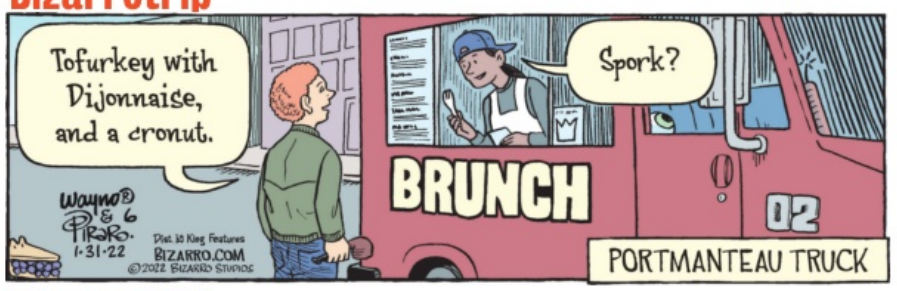
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

HEY, LOOK WHO'S UP! SOMEBODY FEELING BETTER?
YEAH, KINDA...
... I'M SORT OF GETTING SICK JUST LAYING AROUND AND WATCHING TV.
WELL... NOT ONLY DID YOU HAVE TWO TEETH PULLED OUT, BUT I THINK ALIENS MAY HAVE GRABBED YOUR BRAIN.
YUCK YUCK.
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www.gocomics.com

Crankshaft

REMEMBER THAT TIME WE TRIED TO USE LENA'S BROWNIES FOR SKEET SHOOTING, ROCKY?
HOW CAN I FORGET?
IT'S LUCKY THAT NO ONE WAS HIT BY A RICOCHET!
BATUK & DAVIS
1-27

Mutts

SHMILLIE COMMISSIONED THE GREAT ARTIST TOOLOOSE TO PAINT MY PORTRAIT.
BUT HE'S AN ABSTRACT EXPRESSIONIST !?!
YESH
SHE WANTED SHOMEONE TO CAPTURE THE REAL ME.
mutts.com 2-7

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may spend money on your family. It may affect your financial health. You are advised to avoid spending money on worthless things. You are advised to read documents twice before signing. It is advised to control your straightforwardness to maintain harmony in your domestic and professional life. Dentists, motivational speakers, call centre executives may do better.

Taurus Apr 21 – May 20
Today will be a good day in terms of gains. You may get results with less effort. Your losses may convert to profits with the help of your wisdom. You may plan to upgrade yourself by doing an academical course. You may donate some amount to a religious place or charity. You may also help some needy person. Some investments in intellectual assets may be possible. Students may do better.

Gemini May 21 – Jun 21
Today, you may feel dull; you may have some health-related issues. A chronic disease may reappear. You are advised to avoid rash driving and hurrying. You are advised to avoid conflicts with the business partner to avoid important decisions in terms of business. Investments in business or work should be postponed. With blessings from elders, by late evening, things may be under control.

Cancer Jun 22 – July 23
Today, you may be blessed by your destiny; your postponed projects may be started now. With the help of elder's blessings, a messy situation may now be under control which may speed up your project. Disputes between family members are likely to be resolved which may increase domestic harmony. Your creativity may be improved in terms of artefacts. You may be attracted towards glamour.

Leo Jul 24 – Aug 23
Today is a good day; you will be enthusiastic today. An improved attention may help you perform well in business and work. Your boss may be supportive; you may get some new responsibilities in terms of promotions. There may be some visit to a religious place. It is advised to avoid arrogance in your love life.

Virgo Aug 24 – Sep 23
Today, you will be blessed by the moon; your destiny will be with you; your postponed projects are likely to be started now. You may have elder's blessings, which may help you to come out from the messy situation which may boost your speed of work. Domestic harmony may make you happy after resolving some disputes between family members. Your creativity may be improved now; artefacts, movies, glamour may attract you.

Libra Sep 24 – Oct 22
Today, you may feel dull. Overworking may make you tired mentally. You may try to ignore your responsibilities. Lack of patience may make you arrogant. It may affect your professional and personal life also. There may be some arguments with your spouse; you are advised to tackle the situation patiently, otherwise it may affect your respect in society.

Scorpio Oct 23 – Nov 22
Your destiny may be with you; time will be favourable today. You may have ample opportunities. You may create new contacts. Your wisdom may help you to implement new creative plans in your work. Your dignity may be increased. There may be some plans in your mind to spend money in renovation, rebuilding your house or office. Your investments in fixed assets may pay you in terms of profits.

Sagittarius Nov 23 – Dec 22
Today, you may dedicate your time to do something creative. You may plan to rebuild your house or workplace. Your creativity and in-depth knowledge may help you to implement your plans. You may interact new people at your workplace in terms of a new contract. Job-seekers may get a new job. Students are advised to avoid speculation in their studies.

Capricorn Dec 23 – Jan 20
Today, you may feel dull; you may feel some negative vibrations around you; your focus may not be good. You may not give your best in your work, which may lead to confusion. Investments related to business or buying new assets should be postponed. You are advised to postpone starting a new business for a while. Natives who are working may plan for some short-term course or higher education to improve in their career.

Aquarius Jan 21 – Feb 19
Today, you are advised to avoid hurrying. You should also drive safely. But with the blessings of the stars, you may come out from the problems. You may be more romantic in your personal life; harmony in domestic life may come. You may expect some positive results in partnerships. Lovebirds may plan to get married soon. There may be some good news for students.

Pisces Feb 20 – Mar 20
Today, you may be courageous and may feel energetic, which may show in your way of working. You may have good focus towards your goals. You are likely to have some short trip which may increase your network. You are advised to avoid harsh conversations with the spouse; it may create lack of harmony in domestic life.

KIDZONE

Bharath M, 11 Years, Meena Memorial School

Sanskar H Khadse, 5 Years, Presidency School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(3 (729)^1/3) ^1/3 ÷ 9^1/2
= (3(9))^1/3 ÷ 9^1/2
= (27)^1/3 ÷ 3
= 3÷3 = 1

QUOTE UNCODE
Eighty percent of success is showing up.

FAST FIVE

S	C	A	G	S
P	E	D	A	L
A	L	I	V	E
S	L	E	E	P
M	O	U	L	T

RIDDLER
The note said, "It was my wife!" The detective looked at the keypad on his phone and saw the letters next to the numbers. 2,1 would be A 2,2 would be B 8,4 would be Z

STRIKE OUT

C	L	A	W	I	N	G		I	S	L	E	T		

QUICK

S	U	C	H		R	E	L	E	A	S	E	D		

MENSA PUZZLE
E and H. In both cases the minute and the hour hands have changed places.

BULL'S EYE
amir, arming, gain, giro, grain, grim, grin, groin, iron, main, margin, minor, oaring, rain, ring, ROAMING

SUDOKU

6	1	9	5	3	2	7	8	4
7	2	4	8	1	6	5	9	3
3	5	8	4	7	9	6	2	1
5	8	6	1	4	7	9	3	2
1	9	3	2	6	5	8	4	7
2	4	7	3	9	8	1	5	6
9	3	1	6	8	4	2	7	5
8	6	2	7	5	3	4	1	9
4	7	5	9	2	1	3	6	8

ALPHA TRIANGLE
R, It, Rim, Rime, Miler, Limber, Embroil.

GO FIGURE
Easy
7 + 5 – 7 – 1 = 4
Medium
6 + 6 – 3 – 8 = 1
Hard
7 – 5 x 6 + 2 = 14

LOOP

KAKURO

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 # Squid Game director working on next project

'Squid Game' director Hwang Dong-hyuk has announced that he's developing 'Killing Old People Club', a new film inspired by a novel penned by Umberto Eco the revered Italian intellectual and essayist

INDIA AT THE GRAMMY'S

B'luru-based Ricky Kej, artiste of Indian orgin Falu, shine on at event

A Mumbai-born singer went to the US and made her career in music, while the other, born in the US, moved back to India, the country of his parents' birth. The 'crossover' stars Falguni Shah and Rickey Kej have now won their respective Grammy Awards.

At the 64th Annual Grammy Awards held on Sunday night in Las Vegas, Kej earned his second coveted gramophone trophy in the best new album category for 'Divine Tides', his collaboration with The Police drummer Stewart Copeland.

Shah, a New York-based Indian singer known by her stage name Falu, won her first Grammy Award for 'A Colorful World' in the best children's album category.

Kej, who is now based out of Bengaluru, won his first Grammy in 2015 in the best new age album category for 'Winds of Samsara'.

The North Carolina-born musician greeted the audiences with a namaste when he took the stage with Copeland to receive the prestigious award.

"So grateful to have won the Grammy Award for our album 'Divine Tides'. Absolutely love this living-legend standing next to me - Stewart Copeland. Love all of you too! This is my 2nd Grammy Award and Stewart's 6th," Kej wrote alongside a picture with Copeland in a post on Instagram.

Shah also took to Instagram to thank the Recording Academy, which conducts the Grammys, for the win.

"I have no words to describe today's magic. What an honor to perform for the opening number of the GRAMMY Premier Ceremony, and then take home a statue on behalf of all the incredible people who worked on A Colorful World. We are humbled and thank the Recording Academy for this tremendous recognition. THANK YOU! (sic)" the Mumbai-born singer wrote.

Shah moved to the US in 2000 and her subsequent career there has led her to collaborate with the likes of Yo-Yo Ma, Wyclef Jean, Philip Glass, Ricky Martin, Blues Traveler and A R Rahman, among others. Two-time Grammy winner AR Rahman also made a splash at the Grammys red carpet with his son and playback singer A R Ameen.

The 55-year-old music composer shared photos from the event on the microblogging site. On the other hand, Ameen posted some pictures on his Instagram page.

South Korean music sensation BTSwere nominated for their English single "Butter" in the best pop group/ duo performance category, but lost out to Doja Cat's "Kiss Me More," alongside featured artist SZA.

Indian rapper-songwriter Divine was also in attendance at the Grammys where he made his red carpet debut.

Neighbouring country Pakistan also made a mark at the event.

Brooklyn-based Pakistani vocalist Arooj Aftab won a Grammy Award for her song "Mohabbat" in the best global music performance category making her the "first ever female Pakistani GRAMMY winner".

Forgetting our musical greats

The Recording Academy was criticised for leaving out melody queen Lata Mangeshkar, one of India's bright musical stars, from it's 'In Memoriam' segment. Many fans took to Twitter to criticise the Recording Academy. The Grammys also left out veteran music composer Bappi Lahiri (69). Lahiri died on January 15. **PTI**

Pretty mom-to-be

Actress and soon-to-be-mom Sonam Kapoor Ahuja has shared a new set of pictures from her latest photoshoot. She was styled by her sister Rhea Kapoor for a party.

In the pictures, Sonam is seen sporting a cream saree paired with traditional jewellery. She opted for a long neck piece, matching earrings and bangles and juttis.

Soon after she shared the pictures, her dad Anil Kapoor dropped several heart emojis. Esha Gupta wrote, "Uff Sonam" while Nargis Fakhri was in complete awe of her. Her husband Anand Ahuja commented, "Real life portrait".

Who'll attend the bachelor party?

Ranbir Kapoor and Alia Bhatt are currently making headlines due to their wedding buzz. It is reported that they are set to get married on April 17 at RK house with close family members in attendance. According to the latest report, Ranbir is all set to host a bachelor's party ahead of his wedding.

Reportedly, Ranbir and Alia might tie the knot amid their busy shooting schedules. Amid the wedding reports, the list of celebs who might attend Ranbir's bachelor's party is out and fans just can't stop gushing.

According to India Today, Ranbir is planning a party with Arjun Kapoor, Aditya Roy Kapur and Ayan Mukerji as he is close to them. Ranbir is planning a bachelor's party at his place.

ETimes confirmed that the duo is set to get married in the second week of April. A source close to the families revealed as Alia's grandfather N Razdan is in a fragile physical condition and he expressed his desire to see Alia get married to Ranbir. **—ETimes**